



**Palo Duro
Senior Center**

5221 Palo Duro NE
Albuquerque, NM 87110
505-888-8102
Fax: 505-888-8107

Hours of Operation

Mon-Fri 8:00–5:00
Wed 8:00–7:00
Sat 9:00–1:00

Desert Willow

Gift Shop

Mon–Fri 9:00–2:00
505-888-8105

Open Computer Lab

Mon, Tue, Fri 1:00–3:00
No Thursdays till April 20

Free Wi-Fi every day!

COAFreeWireless

Senior Information

www.cabq.gov/seniors
505-764-6400

RSVP Office

505-767-5225

Looking for the gym?
It's next to McKinley
Community Center by
the Middle School on
Monroe at Comanche.



**Palo Duro
Fitness Center**

3351 Monroe NE
Albuquerque, NM 87110
505-880-2800

Hours of Operation

Mon–Fri 7:00–7:00
Sat 8:00–2:00

APACHE PLUME

March 2017

The Monthly Newsletter of Palo Duro Senior Center



**Luck o' the Irish
Luncheon**

Thursday, March 9
11:30a seating

Please arrive *no later than 11:45.*

We're celebrating St. Paddy's Day with some great music and delicious standard Irish fare. Buy your \$4 ticket in advance.

We plan to serve Corned Beef, Cabbage, Red Potatoes, Green Beans, Spinach Salad, Cornbread, and Ambrosia Salad.

Entertainment by **Jug of Punch** is sponsored by **Pavilions Apartments**.

*Please note: Regular breakfast and lunch menu items will not be available today. Enjoy **continental breakfast** for \$1.50 between 8:00 and 9:00am.*

Changes at Palo Duro

- No **Aquatics Classes** March 13-19.
- There are no more appointments available for **help with taxes**.
- New! Sign up for **Email Blasts** to read the Newsletter online and more. *See page 3 for details.*
- No **Food Pantry** in March while we make improvements to provide a better shopping experience. We are sorry for the inconvenience.
- **Rockhounds Trips:** No meetings this month. We plan to host day trips on March 2, 9, 23, and 30. *Weather permitting, of course.* Please sign up at the front desk if you are not already a registered member of the Rockhounds.

**Trip Sign Up for
April, May & June**

Wednesday, March 1
begins after breakfast at 9:00am

See page 4 for Trip dates.

A list of Presentations and Classes appears on page 5.

**Set your clock ahead before bed
on Saturday night, March 11**



Daylight Savings
Time begins on
Sunday, March 12

**Looking for something to do
that will make a difference in
our Center or the community?**

See page 7
for details
and ideas.



Cleaning Week

Mon-Fri, March 13-17

Memorial Day

Mon, May 29



*City of
Albuquerque*

**Richard J.
Berry**
Mayor



Department of Senior Affairs

**Jorja
Armijo-Brasher**
Director

Rhonda Methvin
Recreation Division
Manager



Palo Duro Senior Center

Natasha Montoya
Center Manager

vacant
Program Coordinator

Joe Zivny
Office Assistant

Dave Ellis
Program Assistant

vacant
Program Assistant

Manuel Ibuado
General Services

Ted Casey
Cook

Wanda Valdez
Assistant Cook

Promote your Palo Duro group activities or feature an outstanding member with an article in the Apache Plume (subject to editing for space availability and with manager approval.)

Visiting Artist Program

Tuesdays 1:00–3:00p

Suitable for beginners and those with art experience, sessions are *free and open to all Senior Center members.*

| Date | Program | Artist |
|-----------|----------------------------|---------------|
| 7 | Horses and Color | John Saunders |
| 14 | CENTER CLOSED FOR CLEANING | |
| 21 | Water Media | Eva Sieben |
| 28 | Artist Demonstration | Howard Wexler |

Reminder: In bad weather, if the Albuquerque Public Schools close, our program is cancelled. If school is delayed, call the Center for information. Sometimes the artists are unable to come due to weather.

Adapted Aquatics

**Monthly program
at UNM Pool**

Register on the 15th
at PD Fitness Center
3351 Monroe NE
or call 505-880-2800

M, W, F 8:30–10:45a
M & F 12:30–2:45p

OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00–3:00p

Next class: \$35.00

Windows 10 Basics

will meet 10:00a–12:30p
on 4 consecutive Fridays
- April 7, 14, 21, 28
- June 2, 9, 16, 23



*Note: Sign up at the front desk.
Prior Windows experience is required.*

Thank you to our Sponsors:

Bingo

Tuesdays 1:15–4:00p

- 7** - Atria
- 14** - CENTER CLOSED
- 21** - Stellar Sr. Housing Experts
- 28** - Visiting Angels



Friendship Coffee

Wednesdays 9:15–10:15a

- 1** - Sunshine Dental
- 8** - Walgreens
- 15** - CENTER CLOSED
- 22** - Lovelace
- 29** - Blue Cross/Blue Shield



MYSTERY BOOK CLUB

2nd Tuesdays
1:30–2:30p

The books we read are available at the public library. Everyone is welcome. Please join us!

March 14 - location change!

Call for details 888-8102

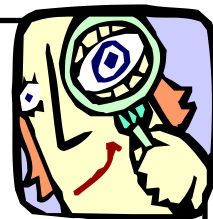
Track of the Cat

by Nevada Barr

April 11 - returns to Palo Duro

A Question of Honor

by Charles Todd



Community News

Wells Fargo Branch Closing

The Republic Square branch at San Pedro and Montgomery will officially close its doors at noon on Wednesday, March 22. They anticipate that the ATM will remain.

Post Office Discontinues 24-hour Access to PO Boxes

Beginning in late March, doors to the PO Box Lobbies will be locked overnight due to an increase in attempted break-ins and thefts. Check with your local branch for new hours when your PO Box will be reachable.



Morning Coffee with Councilor Diane Gibson

Weck's, 3913 Louisiana NE

Monday, March 27, 9:00–10:00a

On the 4th Monday of each month, the Councilor is available to answer questions and give an update about what's happening in District 7. She also hosts an evening event once a month. For more information, call 505-768-3136.

News from Elenor Key at the

Attention Seniors: Are you looking for a place to sell your handmade craft items on consignment with 90% going to the crafter? Consider our gift shop. Stop by or call Elenor at 888-8105 for more information. We're open Monday thru Friday, 9:00am–2:00pm.



We are accepting St. Patrick's Day items as well as a variety of other handcrafted items.

Please note: Our Shop and the Center are closed during cleaning week this month, March 13-17.

Do you enjoy reading? Our free lending library is available to you. Take a book or donate a book, or both! Thank you.

Seniors Ride Free This Spring!

Seniors are invited to explore central New Mexico by rail for free this February, March and April. Every **Wednesday**, seniors age 62+ can ride any **New Mexico Rail Runner Express train** at no cost. This special promotion will give residents and visitors the opportunity to explore locations in Santa Fe and Albuquerque using public transportation.



How it Works

Every Wednesday during the months of February, March, and April 2017, seniors can ride any north or southbound train for free. Just show the onboard ticket agent your valid photo ID (must contain your birth date).

If you are planning on making a connection to an ABQ RIDE, Santa Fe Trails or Rio Metro bus, ask your ticket agent to print out a free bus transfer slip.

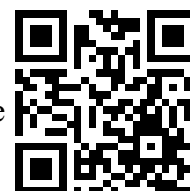
Email Blasts—a new service

By popular request, we now offer the option to view the monthly newsletter via email.

Once a month we'll send a message when the newsletter is posted online. Occasionally we may send an announcement about a special event, or a change that might affect plans for your next visit.

How do I sign up? Choose one:

- Fill out the form at the Front Desk
- Use your web browser to fill out the form at <http://eepurl.com/czZsF9>
- Subscribe from your mobile device by scanning this QR code and filling out the form online



If you sign up online, look for an email confirmation message with a link to verify that you really want to be on our list.

Please check your SPAM or Junk folder if you don't see that message, or if you don't receive the newsletter announcement by the 1st of the month.

Trips in April, May and June

Sign up for these trips begins
Wednesday, March 1, at 9:00am

Ride and Roam with Ron—Mystery Trip

Thursday, April 6 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

A Fare to Remember:

Pig & Fig Cafe - White Rock

Wednesday, April 12 Check-in: 9:30–9:45a
Transportation: \$11.00 Return: 4:00p

Hollywick Working Alpaca Farm - Sandia Park

Thursday, April 20 Check-in: 9:45–10:00a
Transportation: \$4.00 Return: 3:30p

Renaissance Faire - Albuquerque

Saturday, April 29 Check-in: 9:00–9:15a
Transportation: \$2.00 + Ticket Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Wednesday, May 3 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

A-Z Family Farm Tour - Corrales

Wednesday, May 10 Check-in: 9:00–9:15a
Transportation: \$3.00 Return: 3:30p

A Fare to Remember (this is an evening trip):

Prairie Star Restaurant - Santa Ana

Wednesday, May 17 Check-in: 4:00–4:15p
Transportation: \$3.00 Return: 8:00p

Sky City Cultural Center & Haak'u Museum

Tuesday, May 23 Check-in: 8:00–8:15a
Transport: \$9.50 + \$22 ticket Return: 4:30p

Red Horse Vineyard B&B - ABQ South Valley

Tuesday, June 6 Check-in: 9:00–9:15a
Transportation: \$2.00 + \$15 tour Return: 3:00p

A Fare to Remember:

El Sombrero - Socorro

Thursday, June 15 Check-in: 8:00–8:15a
Transportation: \$9.50 Return: 4:00p

Ride and Roam with Ron—Mystery Trip

Tuesday, June 20 Check-in: 8:00–8:15a
Transportation: \$6.50 + mileage Return: 4:00p

Popejoy Hall

50 Years of Performances!

Free tickets for select shows are offered by a drawing. Stop by the front desk to complete a lottery ticket with your Name, Phone Number and specify one or two show tickets. ***Please, one entry per person per show.***

Winners will be called to pick up tickets with a survey form at Palo Duro Senior Center. After the show, please return the survey to the front desk at our Center. ***Last day to enter is Friday, March 10.***

- Fri, Mar 24 8:00pm Piano Battle
- Sun, Mar 26 3:00pm ABBA the Concert

Reminder!

We are closed for Cleaning Week



Mon-Fri, March 13-17

Also closed for cleaning this month are:

- | | |
|--------------|----------------------------|
| Feb 27–Mar 3 | Palo Duro Sports & Fitness |
| March 6–10 | North Valley |
| March 20–24 | North Domingo Baca |
| March 27–31 | Bear Canyon |

Movie at PDSC

Mama Mia!

Features songs made famous by ABBA
(2008) PG-13 - 1 hr 48 min

Thursday, March 2, 1:30–4:00p

Free refreshments at intermission.

Safety Reminder

- Please do not leave personal items in plain view in your vehicle, and do not leave them unattended while in the Center.
- Please keep exterior building doors closed for temperature control, too.

Presentations and Classes

Please reserve your seat by telephone or stop by the front desk—Thank you!

Savvy Social Security

Wed 3/8, 9:00a - with Brad Yablonsky

Spanish Presidios in the American Revolutionary War

Thu 3/23, 10:00a - with George Garcia

Functional Fitness & Fall Risk Screening for adults 60 years of age and older

Fri 3/31, 9:00a - by UNM Physical Therapy Program

Ask a Dentist

Wed 4/5, 9:30a - with Sunshine Dental

The Life of the Legendary John Wayne

Thu 4/13, 10:00a - with Carol Venturini

Michelle Lujan Grisham Mobile Office

Mon 4/17, 11:00a–1:00p - in the lobby

Heart Failure

Thu 4/20, 10:00a - with UNM Hospital

The What's and Why's of Funeral Planning

Thu 4/27, 10:00a - with Karla Barela

Legal Clinic (20 minute appointments)

Thu 5/4, 10:00a - with Senior Citizen Law Office

Thinking About Thinking

Thu 5/11, 10:00–11:00a - Onpointe at Home

Genealogy and Family History

Thu 5/25, 10:00a - with Bill Farmer

Hearing Loss Clinic

Thu 6/1, 10:00a - with Connect Hearing

The Unlikely Path to World War I

Wed 6/14, 9:30a - with Lloyd Cohen

Power of Attorney Clinic

Thu 6/22, 10:00a - with Senior Citizen Law Office

The next series of Tai Chi Chih classes begin on Wednesday, April 12



Acting Workshop

Session II: March 22 – April 26

Wednesdays, 9:00–10:00a

\$5.00 per class or \$30.00 per session

Please sign up at the Front Desk.

UNM GEHM Clinic

Wednesday, March 1 and May 3

8:00a–noon (Note: no clinic in April)

The Geriatric Education and Health Maintenance (GEHM) clinics are nurse managed clinics, which promote healthy aging by addressing concerns of senior citizens. The clinics provide a wide variety of free health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by Registered Nurses from the University of New Mexico College of Nursing with assistance by the University of New Mexico nursing and pharmacy students. Services include the following:

- Blood Pressure Screening
- Diabetes / Blood Glucose Screening
- Medication Review and Education
- Referrals for medical care, transportation, legal assistance, and other community services
- Nurse Physicals for the Foster Grandparent and Senior Companion programs

My Chronic Disease (MyCD) Workshops

Register by calling 880-2800.

Each series meets on **Thursdays, 1:00–3:30p**

- March 23 – April 27 (DSMP) *Diabetes*
- May 4 – June 8 (CDSMP) *Chronic Disease*

On-going Daily Activities Schedule

| Monday | | Monday | |
|-------------|--|-------------|---|
| 8:15–9:15 | Aerobics 50¢* | 1:00–3:00 | Palo Duro Palettes |
| 8:30–11:00 | Lapidary | 1:00–3:00 | Square Dancing |
| 9:00–10:00 | Yoga, Belts and Blocks \$3* | 3:15–4:15 | Nia Technique \$5 per class |
| 9:00–11:00 | Choralaires | 3:15–4:15 | Tai Chi Chih, Begin; start Apr 12, \$60 |
| 9:15–11:15 | Blood Pressure Check | 4:30–5:30 | Tai Chi Chih, Cont; start Apr 12, \$60 |
| 9:30–10:30 | Gentle Exercise 50¢* | 5:15–6:15 | Yoga, Belts and Blocks \$3* |
| 11:00–1:00 | Lujan Grisham Mobile Office: 4/17, 8/14, 12/18 | Thursday | |
| 11:00–3:00 | Ceramics | 8:00–9:00 | Flex & Tone 50¢* |
| 11:15–2:30 | Philatelic Society | 8:00–1:00 | Ceramics |
| 11:30–1:00 | Jug Band Practice | 8:15–4:30 | Rockhound Trip (1 st & 3 rd) \$ varies |
| 11:45–1:00 | T.O.P.S. | 8:15–4:30 | Rockhound Trip (2 nd & 4 th) \$ varies |
| 12:15–4:00 | Duplicate Bridge | 8:30–12:00 | Deaf Seniors |
| 1:00–2:30 | EFT / Tapping (2 nd) \$5 per session | 8:30–11:30 | Lapidary |
| 1:00–3:00 | French, Advanced \$5 materials fee | 9:00–11:30 | German, Intermediate |
| 1:00–3:00 | Open Computer Lab | 12:00–3:30 | Mah Jongg (2 nd & 4 th) |
| 1:30–3:15 | Line Dancing, Advanced; start in Jan, May | 12:30–4:00 | Senior Men's Bridge (1 st only) |
| 2:45–4:30 | Retired Physicians | 1:00–4:30 | Metalcasting \$2 per casting |
| 3:00–4:00 | French Language Book Club | 1:00–3:00 | Discussion Group, Open Topic |
| 3:15–4:30 | Line Dancing, Beginning; start in Jan, May | 1:30–3:30 | Movies (1 st & 3 rd) |
| Tuesday | | Friday | |
| 8:00–9:00 | Flex & Tone 50¢* | 8:15–9:15 | Aerobics 50¢* |
| 8:00–12:30 | Quilting (and more!) | 8:30–12:30 | Defensive Driving (1 st only) \$20, \$15 AARP |
| 8:15–4:00 | Hiking (every other) \$ varies | 9:00–12:00 | Accordion Group |
| 8:30–11:30 | Tuesday's Angels | 9:00–11:30 | Pottery; firing fee |
| 8:30–11:30 | Lapidary | 9:30–10:30 | Gentle Exercise 50¢* |
| 10:00–12:30 | Sewing & Alterations | 9:30–10:30 | Tai Chi, drop-in (no 1 st) \$5* |
| 12:00–2:00 | Leathercraft \$1/month; \$5 new student fee | 9:30–11:30 | Stained Glass |
| 1:00–3:00 | ABQ Travel Partners (2 nd & 4 th) | 12:00–2:00 | Get It Done |
| 1:00–3:00 | Open Computer Lab | 12:15–4:00 | Duplicate Bridge |
| 1:00–3:00 | Visiting Artists | 1:00–3:00 | Spanish, Beginning |
| 1:15–4:00 | Bingo \$3 minimum to play | 1:00–3:30 | Cribbage |
| 1:30–2:30 | Mystery Book Club (2 nd only) | 1:00–3:00 | Open Computer Lab |
| 2:15–4:30 | Rio Grande Players | 2:15–4:30 | Swedish Weaving \$10 materials fee |
| Wednesday | | Saturday | |
| 8:00–11:30 | Pottery Lab; firing fee | 9:00–3:00 | Hiking \$ varies |
| 8:15–9:15 | Aerobics 50¢* | 9:00–10:30 | Line Dancing, Begin; start in Jan, May |
| 9:00–10:00 | Gentle Yoga | 9:00–1:00 | Quilting |
| 9:15–10:15 | Friendship Coffee | 9:30–11:30 | Table Tennis (till 10:30 on 1 st only) |
| 9:30–10:30 | Gentle Exercise 50¢* | 10:00–11:30 | ABQ Recorder Orchestra |
| 10:00–12:00 | Investment Club (BCIC) (3 rd only) | 10:00–12:00 | Accordion Group (3 rd only) |
| 11:30–4:00 | Metalsmithing/Jewelry Lab | 10:00–12:00 | Essential Tremors (3 rd only) |
| 12:00–3:00 | Busy Bees - Crochet & Knit | 10:00–11:00 | NARFE Board Meeting (1 st only) |
| 12:00–5:00 | Game Time: Scrabble, Mexican Train & ... | 10:30–12:00 | Line Dancing, Adv (no 1 st): start Jan, May |
| 12:30–2:45 | Bridge Group | 11:00–12:30 | Red Hat Society (1 st only) |
| | | 11:00–12:45 | NARFE Chapter 80 Meeting (1 st only) |

* indicates suggested money donation per session

Note: Days and Times are subject to change.

RSVP**Lead with Experience**

The Retired Senior Volunteer Program (RSVP) is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). RSVP recruits seniors 55+ to volunteer in public, government and non-profit organizations to meet community needs.

Many opportunities are available to match your interests and availability. Possibilities may include these organizations:

- Foster Grandparent Program and Advisory Council: 764-6412
- Senior Companion Program: 764-1612
- Meals on Wheels of Albuquerque: 767-5225
- Catholic Charities: 767-5225
- Ronald McDonald House: 767-5225
- Silver Horizons New Mexico: 767-5225
- Manzano Mesa Center: 767-5225
- Palo Duro Senior Center: 888-8102

Volunteer timesheets are due by the end of each month. Thank you for your time and efforts!

Questions? Call 505-767-5225.



Centers and Cleaning Dates

Barelas Senior Center

714 Seventh St SW, 87102

505-764-6436

Closed for cleaning Sep 18–22

Bear Canyon Senior Center

4645 Pitt NE, 87111

505-767-5959

Closed for cleaning Sep 11–15

Highland Senior Center

131 Monroe NE, 87108

505-767-5210

Closed for cleaning Jul 10–14

Los Volcanes Fitness Center

6500 Los Volcanes NW, 87121

505-767-5990

Closed for cleaning Jul 24–28

Los Volcanes Senior Center

6500 Los Volcanes NW, 87121

505-767-5999

Closed for cleaning Jul 17–21

Manzano Mesa Multigenerational Center

501 Elizabeth SE, 87123

505-275-8731

Closed for cleaning Jul 31–Aug 4

N. Domingo Baca Multigenerational Center

7521 Carmel Ave NE, 87113

505-764-6475

Closed for cleaning Aug 14–18

North Valley Senior Center

3825 Fourth St NW, 87107

505-761-4025

Closed for cleaning Aug 7–11

Palo Duro Fitness Center

3351 Monroe NE, 87110

505-880-2800

Closed for cleaning Aug 28–Sep 1

Palo Duro Senior Center

5221 Palo Duro NE, 87110

505-888-8102

Closed for cleaning Aug 21–25

About the Department of Senior Affairs

Our Vision—To be the community leader, who, in partnership with others, involves seniors in creating and sustaining a community where there is a growing spirit of interdependence that enhances everyone's quality of life.

Our Mission Statement—The Department of Senior Affairs is a community leader who, in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

The Mesquite Diner

Menu items subject to change. Please arrive before 12:30.

Daily Hot Lunch \$3.25, **Reservations Required**

Call before 12:30pm by previous weekday: **888-8102**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------------------------------|---|--|
| February 27 Italian-Breaded Pork Chop | 28 Soft Chicken Tacos | March 1 Spinach Lasagna | 2 Meatball Sub | 3 Salmon |
| 6 Southwest Beef Patty | 7 Carne Adovada Enchiladas | 8 Chicken Parmesan | 9 Special Luncheon Luck o' the Irish \$4 ticket in advance | 10 Fish and Chips |
| 13 | 14 | 15 | 16 | 17 |
| Palo Duro Senior Center is closed for cleaning this week. | | | | |
| 20 Chicken-Fried Steak | 21 Pepperoni & Cheese Pasta | 22 Chef Salad | 23 Rotisserie-Style Chicken | 24 Tilapia |
| 27 BBQ Riblet Sandwich | 28 Mexican Lasagna w/ Chile | 29 Chicken Pot Pie | 30 Turkey Corndog | 31 Salmon w/ Spinach Fettuccine |

Ice Cream Social

75¢ Sundaes

4th Wednesdays

March 22

11:30–12:30



Popcorn

25¢ Bag

Tuesday thru

Thursday

We're popping 10:30–1:30



No Silver Horizons Food Pantry in March



We're making improvements to provide a better shopping experience.

We are sorry for the inconvenience.

Other options without a reservation — Monday thru Friday

Breakfast 8:00–9:00

Regular Combination.....\$1.50.....Mini..... \$0.75
egg, bacon or sausage, potatoes, toast or tortilla

Burrito (meatless available)..... \$1.50
eggs, bacon or sausage, potatoes, cheese, chile

English Muffin Sandwich or Friday Waffle.. \$1.00

Oatmeal with Milk, raisins optional..... \$0.70

French Toast or Pancake or..... \$0.25

Side of Chile (Red and Green, every morning)

Lunch 11:30–1:00

Salad.....Large....\$2.00.....Small.... \$1.00

Soup or Pie of the Day..... \$0.50

Sandwich of the Day..... \$1.50
half sandwich..... \$0.75

Grilled Cheese..... \$1.25

Beverages during all meals

Milk or Juice..... \$0.25

Coffee or Tea..... \$0.30